

Classic Oden (Japanese Fish Balls Pot)



<Ingredients (4 people)>

<Dashi stock>

2L Water

1 sheet Dried kombu (kelp)

3 Tbsp Kombucha powder

50ml White Dashi

50ml Sake

1 tsp Sugar



<Ingredients>

1 Small daikon

1 Carrot

4 Eggs

1 Konjac
4 Deep-fried tofu sachets
100g Minced pork
Any fish cakes/balls

Japanese mustard

<Method>

1. Make the Dashi stock

Wipe the Kombu with a clean damp cloth. Slice the kombu into four sheets and roll it up each and tie with wilt spring onion or Kucan 蕻菜. Pour all other condiments into a deep pot and add the rolled Kombu. Bring it to the boil and simmer for 10 minutes with cover. At this point, if you feel the stock is slightly too salty, that is absolutely fine, because after simmering with ingredients, the stock turns into thinner and milder.

2. Prepare the ingredients

Daikon: Peel the skin and slice into 3cm thickness. Make a X shape cut on both flat sides for absorbing the Dashi stock quickly.

Carrot: Peel and slice into 1cm thickness.

Egg: Boil to hard and peel

Konjac: Rinse with runny water and make a lot of fine cuts onto both surface for the same reason with Daikon.

Deep-fried tofu sachets: Make meat balls in a bowl and put them into tofu sachets and seal with tooth picks.

3. Simmer for 30 minutes

Put all ingredients in the pot and bring it to the boil. Turn the heat down and simmer for 30 minutes covered. Remove any scum. Taste the soup and adjust if you need.

4. Serve

Serve immediately with Japanese mustard.